

**ABSTRACT**

A small mouse table integrated with an ergonomic arm support. The table and arm support can be mounted to a conventional arm rest on an office chair. The arm support and table are positioned in order to place the user's arm in a healthy and stable orientation for use of the mouse. A forearm channel is provided to receive and hold the user's forearm. A wrist channel is provided - in combination with a downward offset - to attach the forearm channel to the small table on which the mouse resides. Two pivot joints are provided so that the mouse table can be swung out of the way when it is not needed.